

Massillon City Health Department

Quarterly Newsletter

Spring 2020 Edition



Upcoming Events

Car Seat Installations

Our Certified Child Passenger Safety Technicians will begin scheduling their appointments for 2020 on March 1st. Our technicians are available by appointment to make sure car seats are installed correctly and teach parents/guardians how to use/install a car seat on their own. Please refer anyone with car seat questions, issues, or wishing to make an appointment to call us at (330)-830-1715.

National Nutrition Month- March 2020

As part of National Nutrition Month, our Registered Dietician at the Health Department has written an article on healthy whole grains!

What is a whole grain? Whole grains are products that use the entire grain product; the bran, germ and endosperm. Refined grains are products that have been milled which removes the bran and the germ, removing some of the iron, fiber and B-vitamins that are good for your body.

Why are whole grains important?

- **Whole grains are one of your body's best sources of dietary fiber**- most refined grains contain little or no fiber.
- **Lower risk of some chronic diseases**- dietary fiber can help improve blood cholesterol levels and lower your risk of heart disease, stroke, and obesity and even type 2 diabetes.
- **Aid weight loss**- fiber can help you feel full, so you'll be satisfied with fewer calories.
- **Grains provide nutrients** such as essential B vitamins, folate, iron, magnesium and selenium. These are all important for a variety of body functions like forming new cells, carrying oxygen in the blood, regulating the thyroid, and maintaining a healthy immune system.

Whole Grain Tips:

1. For most whole grain products you will see the words "whole" or "whole grain" first on the ingredient list.
2. When you're planning out your meals and snacks for the week, include a variety of grains because they can differ in their nutrient content.
3. Dietary Guidelines recommend that at least half of the grains you eat should be whole grains. (3-5 servings daily)
4. Types of whole grains include: Whole wheat, oatmeal, whole oats, brown rice, popcorn and whole grain barley.

Whole Grains all day long:

Breakfast- Choose a whole grain cereal, oatmeal or 100% whole wheat toast

Lunch- Choose whole grain breads, wraps or tortillas

Dinner- Try quinoa or brown rice as a side dish

The Value of Public Health

Written by: *Bethany Perkowski, RD*



National Public Health week is April 6-12, so we wanted to highlight what our local Health Department has to offer.

Public health is the science of protecting, promoting, and improving the health of people and their communities. This can include protecting the health of people in an area as small as a local neighborhood, or it can include an area as large as an entire country or region of the world.

Some examples of the many fields of public health include:

- Public Health Nurses
- Health Educators
- Epidemiologists
- Dieticians
- Researchers
- Environmental Inspectors
- Vital Statistic Clerks

Among the many fields of public health, those who work in the field prevent the spread of disease, vaccinate children and adults, track disease outbreaks, and work to limit health disparities by assuring the accessibility of healthcare to all.

Why is the Massillon City Health Department of value to our community?

- The Public Health Nurses provide testing and guidance on an individual's cholesterol, BMI, Blood Pressure, and Blood Sugar through the *Know Your Numbers Program*. This is available at no cost to the individual and provided at sites throughout the City.
- The Environmental Health Division provides food education classes for both Person in Charge as well as Managers to promote safe food handling practices at our City's restaurants, churches, and schools.
- With a dietician and certified lactation consultant at the Massillon City Health Department, residents are provided with frequent education and are also encouraged to seek help at our Department with any questions or concerns in those areas.
- Through our *Cribs For Kids* and car seat inspection program, the Health Department is protecting the health and safety of our littlest City residents. Free cribs are available to qualifying individuals, and with three certified Child Safety Passenger Specialists on staff residents both in and out of the City can have their child safety seat(s) inspected along with instruction on how to correctly install and safely operate.
- *Matter of Balance* classes are taught by two trained facilitators to those aged 60 and older. This program benefits older adults who are afraid of falls, have sustained falls in the past, and are interested in improving balance and strength.

Through these programs, and many others offered at the Massillon City Health Department, the staff promote and protect the public health of all residents of our City and surrounding communities. These valuable programs help to meet the public health goals of preventing disease, promoting health, and prolonging life among the population.

Follow us on Facebook at: <https://www.facebook.com/MassillonCityHealthDepartment/>

Visit our website at: <http://www.massillonohio.com/public-safety/health-department/>

Contact and Program Information



Programs and Services

Hours of Operation

Monday thru Friday

8:30 to 4:30


We are closed for certain holidays throughout the year. Check Facebook or our website for those updates!

Contact information

- **Front Desk/Vital Stats** (330) 830-1710
- **Health Commissioner** (330) 830-1712
- **Environmental** (330) 830-1795
- **WIC** (330) 830-1715
- **Nursing** (330) 830-1714
- **After-hours emergencies** *call 911*
- **For after-hours non emergencies**
(330) 830-1712

- Birth and Death certificates
 - Nuisance complaints
 - Food and pool inspections
- Women, Infants and Children Program (WIC)
 - Immunizations
 - Cribs for Kids
- Car seat installation checks
 - Matter of Balance
 - Know Your Numbers
 - & several others

Call to inquire about programs or services!



Any suggestions or ideas for the newsletter can be submitted to amsylvester@massillonohio.gov